

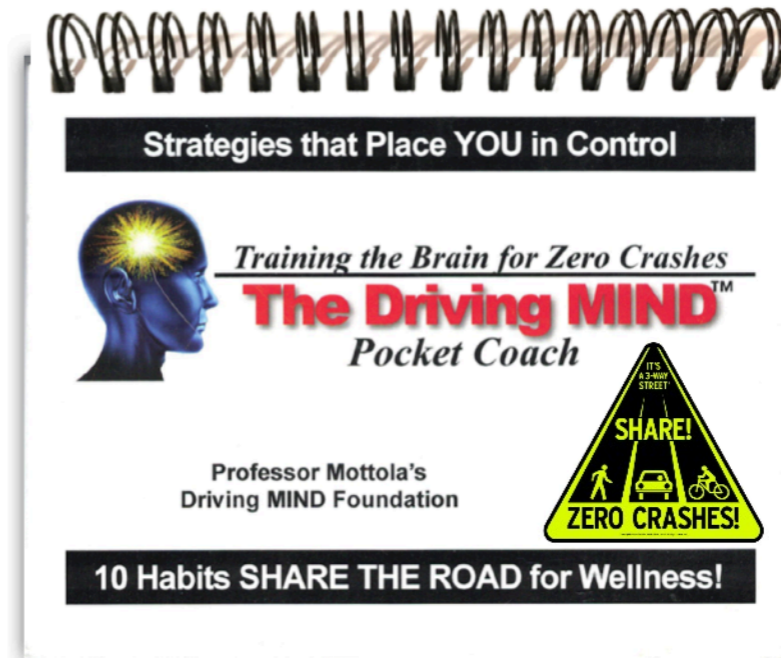


Professor Mottola's
Family Wellness Training
eCoach



**It's "Deliberate
Practice" That Makes
This Training So
Special!**

Intro Practice 1



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H00-072521

MIND Cues Provide Guides for “Deliberate Practice!”

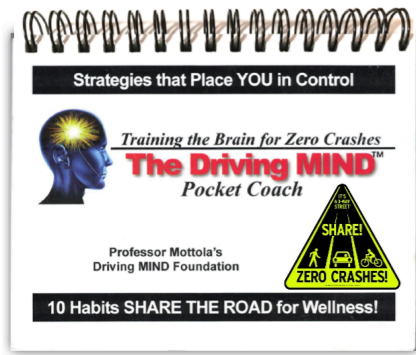


**Train
the
Brain**

It is only with **“deliberate practice”**—
*the brain consciously learning how to
perform one action at a time* — and
repeatedly **performing them in exactly
the same way** that actions become
habits in the unconscious mind to
perform several actions at one time
without thought.



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When you purchase a book it comes with a suction cup that can be used to have a MIND Cue in the vehicle as a reminder for what to practice.

Without a book while using this sample, you can load this program onto a mobile device as a practice guide.

1. Learn a **Zone Control Strategy** from the **Driving MIND eCoach** located at NIDB.org.

2. Use the **Driving MIND CUE** book as a pedestrian, co-driver, or driver as a reminder of what strategy to practice until it becomes habit. **For drivers, the Mind Cues are only read before moving the vehicle.**



Mount suction cup onto the dashboard.



Open book to MIND Cue page to practice.



Hook spiral binding onto the suction cup.

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Intro Practice 1

Perform the challenge listed on the MIND Cue on at least three different days, or until you are able to explain and demonstrate how to find “Critical Seconds.”

You can get practice while being a pedestrian and while being a co-driver.

The question is, do you want the habit of automatically being aware of the “Critical Seconds?”



Find the “Critical Second.”

The “Critical Second” is when you are within one-second of other users of the roadway.

It's the last second before a potential crash!

Challenge: Spend 10-15 minutes while being a Co-Driver to see how many Critical Seconds you Find, and could be in control of if you were driving. Repeat this challenge on several days. Share with the driver the critical seconds you find.

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Intro Practice 1

As a pedestrian or as a co-driver observe how many drivers use the separation space to “see the tires,” and how many do not.

Which habit do you want — see the tires or not?



Habit 9: Stop to See the Tires

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Intro Practice 1

Search A Zone for “Go” or “Slow” and for LP2

Practice visualizing the A, B, and C Zones of SAM.

Search to the A Future Window (the Target Area) to find Go or Slow conditions.

Use this at least on three different days as a pedestrian or as a co-driver.



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Intro Practice 1

Perform the challenge listed on the MIND Cue on at least three different days, or until you are able to explain and demonstrate “Target Area” and “Critical Seconds.”

You can get practice while being a pedestrian and while being a co-driver.



DEMONSTRATE how to detect when the car is on target, or off target. Search to the Target Area and evaluate whether your POT is open or closed. Look for “Critical Seconds.” For closed POTs consider the best speed choice.

Habit 2: Search to Target Area for Open POT

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Intro Practice 1

Perform the challenge listed on the MIND Cue on at least three different days, or until you are able to explain and demonstrate the strategies listed.

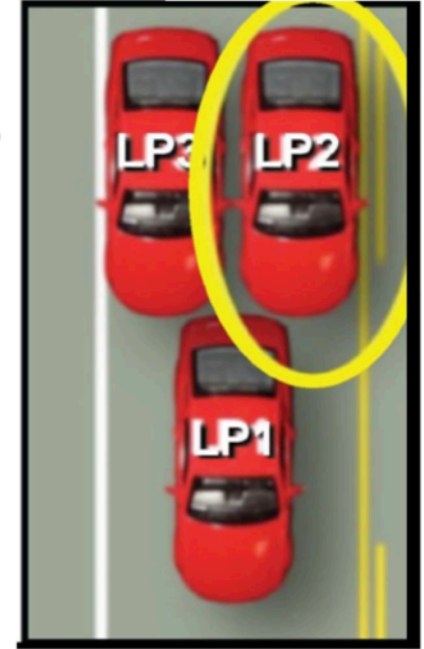
You can get practice while being a pedestrian and while being a co-driver.



Find **“Slow”** or **“Go”**
Conditions and LP's of Vehicles

Four things to Search
the A Zone for.

1. Look for **Slow** conditions.
2. Look for **Go** conditions.
3. Look for the **LP** of vehicles.
ahead as well as oncoming.



4. Search A Zone for a **car tailgating** a vehicle making a right turn, **who may zigzag** into your path.



1. **Reduce your speed.**
2. **Find Escape Path - Take LP5.**
3. **Flash high beam headlights.**
4. **Blow your horn.**

Habit 4: Find Zigzaggers and Vehicles in LP2

End